


January 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chicken Marsala Zucchini Roasted Turnips Whole Wheat Bun Fresh Pear</p>	<p>4</p> <p>Hawaiian Pork Tacos** Rainbow Veggie Blend Spinach Whole Wheat Tortilla Banana</p>	<p>5</p> <p>Beef Stew w/ Vegetables Capri Vegetables Cornbread Strawberries</p>	<p>6</p> <p>Sweet and Sour Pork** Sautéed Cabbage Whole Wheat Roll Brown Rice Peaches</p>	<p>7</p> <p>Balsamic Glazed Chicken Asparagus Dill Roasted Carrots Whole Wheat Roll Apricots</p>
<p>10</p> <p><u>Cold Plate:</u> Chef Salad w/ Turkey, Ham, Cheese** Corn Salad Whole Grain Crackers Fresh Orange</p>	<p>11</p> <p>Baked Salmon w/ Dill Green Beans Roasted Sunset Vegetables Whole Wheat Roll Fruit Cocktail</p>	<p>12</p> <p>Open Face Turkey Sandwich w/ Gravy Mixed Vegetables Cranberry Yams Whole Grain Bread Sliced Pears</p>	<p>13</p> <p>Sliced Steak Diane Cauliflower Baked Potato Whole Wheat Roll Banana</p>	<p>14</p> <p>Potato Crusted Cod Spinach Mixed Vegetables Whole Wheat Roll Fresh Fruit Salad</p>
<p>17</p> <p>TCAA Closed for Holiday</p>	<p>18</p> <p>Meatball Sub Garden Salad Green Beans Apple Crisp Applesauce</p>	<p>19</p> <p>Orange Sage Pork Chop** Succotash Spinach Couscous Whole Wheat Roll Sliced Peaches</p>	<p>20</p> <p>Vegetable Paella Carrots Peas Whole Wheat Roll Tropical Fruit Cup Birthday Cake</p>	<p>21</p> <p>Grilled Chicken Piccata Spinach Roasted Turnips Whole Wheat Roll Mandarin Oranges</p>
<p>24</p> <p>Beef Philly Sandwich w/ Cheese Sauce Baked Sweet Potato Fries Zucchini Whole Wheat Bun Sliced Apples</p>	<p>25</p> <p>Scallop Potatoes w/ Ham** Broccoli Whole Wheat Roll Fruit Cocktail</p>	<p>26</p> <p>Coconut Curry Fish Asparagus Sautéed Green Beans w/ Tomatoes Brown Rice Strawberries</p>	<p>27</p> <p>Honey Butter Chicken Broccoli Sweet Potato Whole Wheat Roll Mandarin Oranges</p>	<p>28</p> <p>Shepherd's Pie Roasted Tomato Whole Wheat Roll Pineapple</p>
<p>31</p> <p>Scrambled Eggs w/ Spinach and Mushrooms O'Brien Potatoes Whole Wheat Croissant Fresh Fruit Cup</p>			<p>Items with **contain pork or pork products.</p> <p>Menu subject to change due to availability.</p> <p>Aster Aging is funded in part by Area Agency on Aging, Region One.</p>	<p>Call to sign up, or to cancel your meal order: 480-858-6510</p> <p> Tempe Community Action Agency</p>